



MONDAY MAY 4, 2015
LET'S CELEBRATE!

THE ♥ 4 ZUMBA®

SALT RIVER COMMUNITY BUILDING

6:00PM – 7:30PM

THIS EVENT IS OPEN TO EVERYBODY!

It's Cinco De Mayo!

Come join the party! Enjoy the evening with inspiring & motivating Zumba Instructors who will lead you through a fun & calorie burning dance session. You don't need to be a dance expert – let the music move you!

ZUMBA®

Perfect For Everybody and everybody! Each Zumba® class is designed to bring people together to get their sweat on.

How It Works

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**SRPMIC
DIABETES PROGRAM
SALT RIVER FITNESS
CENTER**

Questions Call:
480-362-7320

****No child care will be provided****